



Original Article

The Effect of Attachment with Significant Others on Emotion Regulation and Quality of Sleep Among Youth

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ABSTRACT

Sleep is a natural phenomenon and is vital for health **Objective:** To investigate the effect of attachment with significant others one motion regulation and quality of sleep among youth was to find out the impact of attachment with parents and peers on emotional regulation and sleep quality. **Methods:** The cross-sectional co-relational design was used to find out the relation between variables and the impact of one variable in the current study. The sample size was calculated by G power, a total number of 250 participants with an age range of 18 to 25-year-old were selected by using the convenient sampling technique. The data was collected from two universities located in Islamabad and Rawalpindi Pakistan. Demographic Performa, Emotion Regulation Questionnaire (ERQ) Pittsburgh Sleep Quality Index (PSQI), and Inventory of Parent and Peer Attachment (IPPA) were used to gather data from participants. The data was analyzed using SPSS version 25, in which the Pearson's product-moment co relational test was applied to check the degree of association. **Results:** The results of the current study suggest that Parents and Peer attachment have a significant negative association with quality of sleep. Secondly, the significant positively associated with emotion reappraisal and negatively associated with emotional suppression among youth was found. Thirdly, the findings also demonstrated that a significant association exists between emotional regulation and sleep quality. **Conclusion:** The current study concluded that attachment plays a significant role in emotion regulation and sleep quality.

INTRODUCTION

The human body and mind need sleep tortes in physical and psychological well-being. Subjective sleep quality is defined as people's perception of the depth of their sleep. It means just how well-relaxed one feels while waking, and their overall comfort with sleep [1]. Youth is a transitional phase in which physical, emotional, and social transformations are observed. Developmental studies have speculated; important life growth activity is the establishment of a close relationship with significant others [2,3]. Over the past recent years, the theory of attachment has been used as an important paradigm for interpreting different trends in psychological health. Analysis has found that the type of early attachment can affect human health habits and behavioral strategies in later life. In Pakistan, the population of young people (18-25 years of age) was estimated at around a 27million in 2000 and is predicted to rise, reaching 44.6 million in 2020 [4].

Despite the comprehensive study of attachment to different mental health problems, relatively little attention, particularly in the Pakistani context, has centered on its connection to sleep. This issue needs to be explored in detail given the increasing prevalence of sleep problems in Pakistan. A study conducted on 1488 adults of Karachi came out with the conclusion that every third person among the participants had some sleep problem or insomnia and one-third of them had been prescribed sleep medications [5]. Although sleep quality is an important factor for youth's functioning, there is little social science research available on sleepaway outcomes[6]. Youth is an especially important developmental process to research with regards to attachment instability and psychopathology when multiple attachment figures (i.e., parents and peers) play an important involvement in their life [7]. Attachment is a bond between a child and the

parents, which is adopted by the individual over time. The individual then experiences this attachment in daily activities in the form of various relationships[8].

METHODS

This study is a cross-sectional co-relational that examined the relationship between attachment with significant others, emotion regulation, and quality of sleep among Pakistani youth. The data was collected on a convenience basis. The participants were recruited from two different universities of Rawalpindi and Islamabad. The participants were selected using a convenient sampling technique. Convenient sampling is a form of non-probability sampling in which the participants are chosen solely on the basis of the researcher's ease of access. The main advantage of convenient sampling is that it has the least number of obstacles, is cost-effective, fast, and less time-consuming. A total of 250 participants were recruited. The sample size was calculated by using the G Power software. Using a one-tailed test correlation, a power of 0.90, given a 0.05 provided a total sample size of 250. The age of the participants ranged from 18 to 25 years. The sample included both males and females currently studying at two different universities. The data was collected using questionnaires. The demographic sheet was used to gather information regarding the participant's name, age, gender, birth order, the institution of which he/she is a student, parent's occupation, and family setup. The Emotional Regulation Questionnaire (ERQ). This questionnaire is designed to assess individual differences in the habitual use of two emotion regulation strategies: cognitive reappraisal and expressive suppression. The scale has been found reliable with alphareliability0.79 for Reappraisal and 0.73 for suppression. The Pittsburgh Sleep Quality Index (PSQI) is a self-administered questionnaire it distinguishes "poor" from "good" sleep by measuring seven domains: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medication, and daytime dysfunction over the last month. The alpha reliability of PSQI Urdu version reported by previousresearchesis.83. The IPPA assesses the impressions of adolescents of the positive and negative cognitive component of their parents' and close friends' relationships, particularly how well these figures serve as sources of psychological security. The instrument is a self-report questionnaire with a Likert-scale response format of five points. The updated Urdu version of Durability (Cronbach's alpha) is 0.87for mother attachment, 0.87 for father attachment and 0.92 for peer attachment. The analysis of data has been done by using the statistical Package of Social Sciences (SPSS)version 25. The Pearson's product-moment correlation tests were applied

to their search variables to check the degree of association.

RESULTS

The Parents and Peer Attachment will be negatively associated with Sleep Quality. Pearson Product Moment Correlation of Attachment and Sleep Quality The correlation between the variables is negative, $r = -.237^{**}$, p -value = .000 The Sig. (2-Tailed) value is .000. This value is less than .05 alpha levels. Therefore, the null hypothesis is not rejected. This implies that there is a significant relationship between parents and Peer Attachment and Sleep Quality. In other words, Parents and Peer attachment have a significant negative association with quality of sleep (Table 1).

Variable	Parents and Peer Attachment and Sleep Quality	
Parent and Peer attachment	1	-.237**
Parent and Peer attachment	0.000	

Table 1: Parents and peer attachment and sleep quality

Attachment with parent and peer will be positively associated with emotion reappraisal and negatively associated with emotional suppression table 2: Pearson Product Moment Correlation of Attachment and Emotion Regulation. The correlation between Parent and Peer attachment and emotional reappraisal is positive, the $r = .156$ p -value = .003. The Sig. (2-Tailed) value is .003. This value is less than .05 alpha levels. And Parent and Peer attachment with Emotional Suppression is negative but very low, $r = -.089$ P -value = .005. Therefore, the null hypothesis is not rejected. This implies that there is a significant association between Parent and Peer attachment and emotional regulation (Table 2).

Variables (N=250)	Emotional Reappraisal	Emotional Suppression
Parent and Peer attachment	1 $r = .156$	1 -0.89
Pearson Correlation (Sig. 2-tailed)	0.03	0.05
Emotional Reappraisal and Emotional Suppression	1 $r = .156$	1 -0.89
Pearson Correlation. (Sig. 2-tailed)	0.03	0.03

Table 2: Association of Parent and peer with emotional reappraisal and emotional suppression

Sleep quality will be positively associated with emotional suppression and negatively associated with emotional reappraisal. Table 3: Pearson Product Moment Correlation Emotional Regulation and Sleep Quality. The correlation between sleep quality and emotional reappraisal is positive but very low, $r = .051$, p -value = .003. The Sig. (2-Tailed) value

is .003. This value is less than .05 alpha levels. Therefore, the relationship between sleep quality and emotional suppression is negative; $r = -.025$, $p\text{-value} = .007$. The null hypothesis is not rejected. This implies that there is a significant relationship between the variables (Table 3).

Variables (N=250)	Sleep Quality	
Emotional Reappraisal	1	.051
Pearson Correlation (Sig. 2-tailed)	0.03	
Emotional Suppression	-0.25	1
Pearson Correlation. (Sig. 2-tailed)	0.007	

Table 3: Association of sleep quality with emotional suppression and emotional reappraisal

DISCUSSION

The study partially supported the link between attachment patterns and sleep quality. The analysis showed that attachment security with parents and peers made a significant contribution to the nighttime sleep quality among youth. This suggests that insecurely attached youth has poor sleep quality whereas securely attached youth has better sleep quality. The present study has explored the attachment of youth with significant others separately in terms of three factors i.e., mother, father, and peer. The findings of this study suggested that the youth who have better sleep quality are more securely attached to their father. Whereas, the analysis with the mother factor of attachment was significantly negatively associated with sleep. The reason for the insignificant findings with mother attachment could be the cultural factor as in Pakistani society there is a patriarchal family system i.e. the father is considered as the head figure of the family and he has a major say in all matters of children and family [3,4]. The lack of significant findings may also be attributed to a lack of awareness about one's attachment with mother because of the indecisive role of mother in major decisions of child's life events. Additionally, from Bowlby's perspective of infant attachment, it is important how a mother manages the quality time for an infant during her busy day if she fails to provide the secure attachment then infant is left anxious or insecure [8]. In the study responsibilities so they might not be able to manage quality time for their children which is reported as non-significant findings. The important results lead to the suggestion of a particular role for attachment protection in the creation of the quality of sleep of young people in terms of its seven components i.e. subjective quality of sleep, sleep delay, sleep length, regular efficiency of sleep disorders, sleep drug usage, and daytime dysfunction. Like the scholars, previous researches have also suggested that the children who have for some reason developed poor attachment patterns with parents are likely to develop disturbed quality of sleep in their later life [12] and a growing number of researches in

social sciences have found that individuals' sleep quality is significantly linked to the quality of their attachments with others [11]. Although these findings are consistent with the literature previous psychological research is rare in this area. Given that, because most of the findings are founded upon biological studies of child attachment which has studied the role of REM sleep in the context of attachment security of infants with their mothers [7]. A study has also been conducted on older adults [13] who have also supported the notion of a significant relationship between attachment security with parents and quality of sleep. This study has also explored the link between sleep quality and emotion regulation it was expected that sleep quality will be significantly related to both emotional reappraisal and emotional suppression in youth. The basis of this hypothesis came from psychological research with consistent findings that youth who have emotional disturbances are at risk of poor sleep quality [12-19]. The results of statistical analysis of the present study proposed that no significant relationship exists between the sleep quality and emotion regulation. This is supported by the previous literature. Notably in the previous findings regarding sleep problems do suggest that a bidirectional association exists between emotional regulation and sleep quality such that poor emotional regulation would lead to sleep disruption and, in turn, poor sleep quality would predict poor emotional well-being [3]. One possible reason for the significant findings as extracted from literature review could be that emotion regulation has been seen as more of a mediator rather than as correlate i.e. some scholars in their studies have explored that emotion regulation act as a mediator in the process of attachment and sleep quality which suggests that these constructs of attachment and sleep are significantly related but they are bridged by their mechanism of emotional regulation [21]. Other important possible explanations for non-significant findings could be cross-cultural differences. However, most of the exploring this association have been conducted in western contexts [17]. One such study regarding disrupted sleep and negative emotion regulation among youth has been found in the Pakistani context with significant findings [6]. Another important finding of the study suggests that the majority of the youth in the sample had identified that they had poor quality of sleep and among the sample, female participants reported poorer sleep quality as compared to the males in the sample. Relevant findings of the poor sleep quality among Pakistani adolescents have also been reported by a study carried out in Karachi that has found that every third person among the participants had poor sleep quality (Ahmed, 2013). This issue needs to be explored in detail for forehand prevention of sleep disturbances among the Pakistani youth.

CONCLUSIONS

The present study explored the association between attachment patterns, emotional regulation and sleep quality among non-clinical sample of Pakistani youth. In this perspective three hypothesis were formulated. First appositive relation exists between attachment and emotional regulation the results yielded in the present study concluded that significant positive and negative relationship exists between attachment with parents and peer and emotion regulation. The second hypothesis was a significant association exists between attachment patterns with significant others and sleep quality of youth. The findings of present study suggest that relationship does exist between attachment patterns and quality of sleep among youth. Additionally, the findings of current study also demonstrated that significant association exists between emotional regulation and sleep quality.

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